



Emotional Intelligence

Understand and manage emotions – both in yourself and in others.

The Science and Theory



Emotional Intelligence (EI) is the ability to understand emotions, identify, and distinguish between different feeling states. EI predicts personal and professional success and is associated with better academic outcomes, work performance, and well-being. The ability to understand and manage emotions is a pathway to effectiveness. This module introduces you to approaches to enhancing your EI, grounded in the ability-based model of emotional intelligence.

The Practice



In this session, you will learn:

- The psychology behind our emotions
- How to identify emotions from facial and non-verbal expressions
- Ways to manage your emotions
- Approaches to help build connections and influence others

The Module



This 2-hour course introduces you to the fundamentals of ability-based emotional intelligence:

- Part 1: Self-awareness of emotions
- Part 2: Identifying emotions in others
- Part 3: Emotion regulation
- Part 4: Using emotions to enhance relationships

Complementary Modules



This 2-hour module pairs well with:

- Module 6: Thinking Skills for Resilience
- Module 7: Mindfulness
- Module 8: Journalling for Emotion Management

Our Approach



Our Emotivity micro-skills courses follow our **ARC (Acquire-Refine-Cultivate)** model. We believe that learning works best through not just the acquisition of new information, but when learners have opportunities to refine, adjust, and then cultivate their newly-acquired skill. Our ARC approach follows principles from educational and positive psychology to deliver a learning experience that is evidence-based, relevant, and ultimately, practical. Our modules can be offered in-person or remotely.

Contact Us



For more information on this course, or to engage one of our trainers for your session, email teeyj@help.edu.my

Web and Resource Article



- www.emotivity.my
- <https://emotivity.my/does-being-emotionally-intelligent-pay>

References



Fernández-Berrocal, P., & Extremera, N. (2016). Ability emotional intelligence, depression, and well-being. *Emotion Review*, 8(4), 311-315.

MacCann, C., Jiang, Y., Brown, L. E., Double, K. S., Bucich, M., & Minbashian, A. (2020). Emotional intelligence predicts academic performance: A meta-analysis. *Psychological Bulletin*, 146(2), 150-186.

O'Boyle Jr, E. H., Humphrey, R. H., Pollack, J. M., Hawver, T. H., & Story, P. A. (2011). The relation between emotional intelligence and job performance: A meta-analysis. *Journal of Organizational Behavior*, 32(5), 788-818.